

TRANSFORMING 'SHOULD'S'



Helping YOU
Choose a happier,
More fulfilling life

We *should* on ourselves – and tell ourselves we *have to*. These self-statements are based on beliefs and generally lead to resentments or doing things that aren't in accordance with our values.

List some of the “should” messages you give yourself

1.

2.

3.

Ask yourself “Why should I?” Keep asking until you get to an answer that convinces you.

Ask yourself “What would happen if I don't do it?”

How do I feel about that result?

So do I want to do it? Or am I ready to let go of the belief that I “should” do it?

Notice when you make JUDGMENTS – evaluations of ‘good’ and ‘bad,’ being ‘better than’ or ‘less than.’

If I want to do it, is there a belief that is getting in the way of me doing it? (Maybe about how it is supposed to be done, or whose job it really is).

Is the belief a provable fact? If so, how could I test it? Is it true for everyone?

What is an alternative belief, one that would allow you to accomplish this task you now want to do?